

George “Ted” Clements

I believe we are complex creatures, with parts and layers that interact in complex ways. We are animals—driven to survive above all else. We are mammals—driven to connect, play, and relate. And we are thinking creatures—driven to imagine, create, and understand. Unfortunately, not all of those parts always cooperate well, and sometimes the wrong part tries to solve problems we come across. That’s usually when people seek therapy—what worked before or in other situations is suddenly not working—sometimes painfully so.

It’s my goal to help people find a way to balance their various drives and be able to use the best skills and abilities for the job. Sometimes that’s about calming the animal reactions of anxiety and anger. Sometimes that’s about finding ways to reconnect, communicate better, or combat self-recrimination and shame. And sometimes we need to be creative in our problem-solving, make sense of the challenges we face, and find ways to live with more joy and laughter.

Above all, I want to work with people to understand their own brains, and learn to **be patient** with their normal reactions and drives.

That said, I employ a broad, integrated approach to therapy driven by an understanding of how our brains work. I work primarily with **individuals, couples, teens**, and sometimes families and children.

As I strongly value the importance of relationships, I have done advanced training in the **Gottman Model** of couples work, as well as **Emotional Focused Therapy**. Although both models were originally designed for couples therapy, their theories, approaches and skills lend themselves well to all human interactions, and so these approaches inform my individual and family work as well.

Knowing how chronic negative experiences and trauma can affect the brain, I have also trained in **Eye Movement Desensitization and Reprocessing (EMDR)**, a technique for allowing the brain to reorganize how it stores and makes sense of the painful memories and experiences we sometimes have. It can be helpful in managing a variety of symptoms and experiences, including not just post-traumatic stress, but also anxiety, depression, substance use disorder, insecurity, self-esteem issues, eating disorders, and other maladaptive behaviors. If you are curious, you can learn more about it at <https://www.emdria.org/about-emdr-therapy/>

As far as who I am, I have been practicing therapy for over 20 years. I received my Masters of Social Work from Smith College School for Social Work and trained at the Menninger Institute. I’ve been in the Mankato area since 2004, having lived all across the country over my first few decades—Pennsylvania, Alabama, Massachusetts, and Kansas. Having already sampled various parts of the country I can safely say that Minnesota is a wonderful fit for me, and is my final home. I live in the area with my wife and five children, some of whom are LGBTQ, so I am a proud ally. I like to laugh.

I love my work and want to engender the same passion for helping people, so I train MSW students and supervise clinical social workers for their advanced licensure. If you are looking for LICSW supervision, feel free to contact me.